



HOLY SPIRIT CATHOLIC CHURCH

1396 Lynnhaven Parkway, Virginia Beach, VA 23453
Office: (757) 468-3600 | Fax: (757) 468-3342
Sacramental Emergency (after hours): (757) 904-3069
www.holyspiritvb.org | office@holyspiritvb.org
Facebook / Instagram / YouTube: Holy Spirit VB

PARISH OFFICE HOURS:

Monday - Thursday: 9:00 am- 4:30 pm | Friday: 9:00 am - 12 pm

OUR MISSION

A Catholic community living the apostolic mission to love God, love our neighbor, and make disciples.

JULY 28, 2024



**17th SUNDAY
IN ORDINARY TIME**

When they had had their fill, he said to his disciples, "Gather the fragments left over, so that nothing will be wasted." - Jn 6:12

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

Welcome Back to Mass

WEEKEND MASS SCHEDULE

Saturday Vigil: 5:00 pm
Sundays: 8:00 am, *10:00 am & 12:00 pm

WEEKDAY MASS SCHEDULE

Tuesday & Thursday: 6:15 pm
Wednesday & Friday: 8:00 am
*Livestream Mass

HOLY ROSARY

Tuesday—Thursday: after Weekday Masses
Friday: 7:15 am (and Divine Mercy Chaplet)

SACRAMENT OF RECONCILIATION

Tuesdays & Thursdays: 4:00 pm—5:30 pm or by appointment

ADORATION OF THE BLESSED SACRAMENT

Thursdays: 12:00 pm to 6:00 pm

SACRAMENT OF BAPTISM

Families will meet with Deacon Steve and are **required** to attend two (2) Baptismal Preparation Classes in the parish if you are seeking the Sacrament of Baptism for children under 7 years of age. Contact the Parish Office for more information.

SACRAMENT OF FIRST RECONCILIATION AND FIRST EUCHARIST

Children are required to register and attend Religious Education classes for the current school year in order to participate in the Sacramental Preparation program for First Reconciliation and First Eucharist. Contact Donna Consla for more information.

SACRAMENT OF CONFIRMATION FOR YOUTH

One-year preparation beginning in 10th Grade is required. Contact Donna Consla if your child is in the 10th grade and would like to receive the Sacrament of Confirmation.

SACRAMENT OF MATRIMONY

In the Diocese of Richmond, couples planning to be married in the Catholic Church should notify Father Anthony at least 6 to 9 months prior to requesting a wedding date.

ANointing OF THE SICK

Christ strengthens our faith and bestows God's grace in a time of anxiety and pain. Please call the Parish office to make arrangements to celebrate this sacrament if you are ill, facing surgery or enduring current illness.

SACRAMENT OF HOLY ORDERS

Contact Father Anthony in the Parish office or the Office of Vocations (804) 359-5661 or via email at vocations@richmonddiocese.org, if you are discerning a call to the priesthood or consecrated life.

THE RITE OF CHRISTIAN INITIATION OF ADULTS

Individuals interested in learning about the Catholic Church or entering the catechumenate, please contact Deacon Bob Smithberger in the parish office. Inquiry is welcome at any time.

THIS WEEK AT HOLY SPIRIT

(Subject to change, please check our website or call the Parish office)

PLEASE SILENCE ALL CELL PHONES AND ELECTRONIC DEVICES DURING MASS.

**Public/Livestream*

SUNDAY, JULY 28 WORLD DAY OF PRAYER FOR GRANDPARENTS AND THE ELDERLY

8:00 am Mass
Parishioners of Holy Spirit
10:00 am * Mass
Nestor & Yoli Mayor
12:00 pm Mass
Rosemary Sales †

MONDAY, JULY 29 FEAST OF SAINTS MARTHA, MARY & LAZARUS

10:00 am Funeral Mass for Adriano Nieves (WS)
1:00 pm Sunshine Club Entertainment Rehearsal (A/B)
6:00 pm SVDP Outreach Ministry

TUESDAY, JULY 30

10:00 am SVDP Outreach Ministry
4:00 pm Reconciliation (Chapel)
6:15 pm Mass/Rosary (WS) *Janine Grimm †*

WEDNESDAY, JULY 31 MEMORIAL OF ST. IGNATIUS OF LOYOLA

8:00 am Mass/Rosary/Novena (WS) *Robert Waltersund*
12:30 pm Canasta Card Players (A)
7:00 pm Sisters in Faith (B/K)

THURSDAY, AUGUST 1 MEMORIAL OF ST. ALPHONSUS LIGOURI

10:00 am SVDP Outreach Ministry
12:00 pm Adoration of the Blessed Sacrament (WS)
4:00 pm Reconciliation (Chapel)
6:00 pm Benediction (WS)
6:15 pm Mass/Rosary (WS) *Myron Tauchen †*
7:00 pm Women's Cursillo—4th Day (L)
7:00 pm Men's Club (Barn/K)

FRIDAY, AUGUST 2

7:15 am Rosary/Divine Mercy Chaplet (WS)
8:00 am Mass (WS) - *Hugh Epley †*
8:30 am Potluck Breakfast Social Gathering (B)
9:30 am Bible Study — Faith Sharing Community (L)

SATURDAY, AUGUST 3

5:00 pm Mass (WS)
John Ssekaye †

COME LEARN ABOUT THE CATHOLIC FUNERAL RITE, CREMATION AND PRE-PLANNING

Community Outreach Staff from the Office of Cemeteries and Funeral Services (OCFS), a Ministry of the Diocese of Richmond will be here on Tuesday August 6th at 1pm and 7pm to inform and discuss the spiritual and practical reasons for learning about Catholic funeral planning and the Order of Christian Funeral Rites, practices and traditions. There will be a short presentation along with a question-and-answer session in Activity B. Please take advantage of this opportunity to better understand the importance of our Catholic funeral rites, Cremation and the benefits to pre-planning your funeral arrangements. Please join us for our very informative presentation. Contact Deacon Bob with questions.

PARISH CLERGY AND STAFF

(757) 468-3600 | office@holyspiritvb.org

Pastor / Ext 103
Rev. Anthony Mpungu | FrAnthony@holyspiritvb.org
Deacons / Ext 109
Rev. Mr. Robert Smithberger | deaconbob@holyspiritvb.org
Rev. Mr. Steve Kuczma | deaconsteve@holyspiritvb.org

Director of Liturgy & Music / Ext. 114
Erin Laurence elaurence@holyspiritvb.org
Asst. Coordinator for Faith Formation / Ext. 113
Donna Consla dconsla@holyspiritvb.org
Parish Secretary / Ext 116
Joy Palm jpalm@holyspiritvb.org
Bookkeeper / Ext. 115
Lani Ulep mulep@holyspiritvb.org
Anne Smithberger asmithberger@holyspiritvb.org
Facilities Maintenance Coordinator / Ext. 112
Wayde McNeal..... wmcneal@holyspiritvb.org
Facilities Maintenance Assistant Josh Gora
Pianist/Organist Richard Dettbarn
Website Coordinator Diana Ramos

PARISH COUNCIL

Charlie Chan	Tim Hatton
Amy Cheatham	Ken Hobbs
Judee Clamor	Linda Kuehn
Marivic Ellorin	George Onodu
Ian Fajardo	

PRAYER REQUESTS

FOR THE SICK

Ricardo Sayson

Pray for all the names listed in our book of intentions.

† FOR THE DECEASED †

We extend our sincere sympathy and prayers to the family and friends of

Marge Byrne, Ray Jellerson,
Patrocinio Cabalo

Pray for all the names listed in our book of remembrance.

Eternal rest grant unto them, O Lord. Let perpetual light shine upon them. May they rest in peace. Amen.



BULLETIN SPONSOR OF THE WEEK

Thank you to our sponsor.
Altmeyer Funeral Homes

GOLDEN JUBILEE**Renewal of Faith and
Capital Improvements Campaign**

New Audio System Church and Activity Center	\$150,000
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New Organ	\$70,000
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New Church Signs	\$10,000
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Rectory Roof and other Repair & Maintenance	\$20,000
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**THANK YOU!**

From the bottom of my heart, I would like to express my sincere gratitude for your generous contributions towards the Capital Improvement Campaign!

This was an opportunity for us to see God's love at work in this parish and the so many sacrifices that you have made.

And because of this success story, we will take care of the above projects! Thank you for believing that when we put our efforts together, we can make great things happen.

May God bless you and reward you abundantly!

Yours in Christ,
Fr. Anthony Mpungu, Pastor

To continue to Donate:
<https://tinyurl.com/hscapitalimprovementcampaign>
Or Scan QR code:

**JUBILEE CAMPAIGN PRAYER**

God our Father, as we celebrate 50 years of our parish, it is with gratitude, joy and praise that we raise our minds and hearts in prayer. Since its beginning, you have been with us through every step that we have made. Gracious God, as we celebrate our past and rejoice in our present, we also look forward with eager eyes to the future.

We pray that you would continue to make your love known among us. Help us to look beyond our walls to those who do not know you. Through this parish, many hearts have been touched by your presence in the Sacraments.

It is with renewed faith, strength and commitment that we make another step into the next part of the journey of faith and for all this, we ask for your blessings. Amen

OPEN JOB POSITIONS**BUSINESS MANAGER**

Holy Spirit Catholic Church, Virginia Beach is seeking a full time Business Manager. This position develops and directs administrative, human resources, and payroll programs and policies. Responsibilities include management of the human resource system, capital improvement planning, asset replenishment, building and grounds maintenance and general parish management programs. The position is responsible for ensuring that appropriate personnel, financial, diocesan, stewardship, administrative policies, and standards are implemented by Holy Spirit Parish.

The Business Manager reports directly to the Pastor and works in collaboration with him, the parish finance council, and the parish staff. This position has immediate oversight of the Facilities Maintenance Coordinator, Parish Secretary, Bookkeeper, and office Administrative Assistants. Additionally, it is responsible for advising and leading other pastoral staff in all personnel, financial, payroll and management actions. The Business Manager has regular interface with applicable officials of the diocese, local government, contractors, vendors, and consultants. He/she shall be assisted by qualified volunteers from the parish membership.

Preferred qualifications include: a degree in accounting or related field or equivalent education and experience; proficiency with business accounting systems, office productivity applications (Microsoft Office Suite), ParishSoft and UKG. This full-time position will require approximately 40 hours per week during regular office hours. Hours outside of regular office hours may be required one or more times per month.

**COORDINATOR OF FAITH FORMATION,
YOUTH AND EVANGELIZATION**

Holy Spirit Catholic Church is seeking a full time Coordinator of Faith Formation, Youth and Evangelization. This position oversees the catechetical ministries and evangelization of the parish under the supervision of the Pastor and in collaboration with pastoral staff and ministry volunteers. In implementing and maintaining an integrated "whole of life" formation program at the parish, this position involves direct coordination/implementation of catechetical formation for youth through 12th grade, and collaborative support and ministry in other areas of formation. The Coordinator of Faith Formation, Youth, and Evangelization will work in collaboration with the parish staff, and also works directly with parents, catechists, aides and other volunteers. The Coordinator of Faith Formation, Youth, and Evangelization reports directly to the pastor.

Interested candidates should submit a completed Diocese of Richmond employment application (<http://tinyurl.com/CDRJobApplication>) with a cover letter and resume to mulep@holyspiritvb.org and franthy@holyspiritvb.org

CATHOLIC CHARITIES JOB OPENING

Catholic Charities of Eastern Virginia (CCEVA) is seeking an LPC or LCSW to serve in its Mental Health Counseling department or in a local Catholic school. CCEVA is also seeking license-eligible residents and interns who wish to ensure mental health access for vulnerable populations. Free supervision is provided.

Please send resume and cover letter to: hr@cceva.org

RIDGE RETREAT FOR RECENT GRADS

Going from college to adult, working life can leave you with a lot of questions. This summer, recent college graduates are invited to a retreat weekend in Richmond where you can find answers and encouragement. There will be time to hear talks, opportunity for prayer and reflection, and a chance to build community with other young adults.

College graduates in the classes of 2023 and 2024 are invited to join us August 2-3, 2024 at Saint Michael's Catholic Church, Richmond. For more information or to register go to: <https://evangelizerichmond.org/events/ridge-recent-graduate-retreat-2/>

YOUNG ADULT RETREAT

This fall, young adults from across the Diocese of Richmond have an opportunity for a spiritual weekend retreat in a relaxing beach environment. The retreat will include a combination of keynote sessions and personal reflection times, and a priest will be available throughout the weekend for Mass, Reconciliation, and Eucharistic Adoration. There will also be ample opportunities for prayer, fellowship, and downtime. Though the retreat is designed for Catholics ages 18-39, interested young adults (single and married couples) of any faith backgrounds are welcome to attend. All attendees must be out of high school.

Date: October 18-20, 2024

Location: Ramada Plaza Nags Head Oceanfront on the beach in Kill Devil Hills, North Carolina.

Register at <https://evangelizerichmond.org/events/young-adult-retreat-3/>

Registration closes on Monday, September 16, 2024.

Early Bird pricing: \$160/person if you register by July 31, 2024

Registration between 8/1/2024—9/16/2024 : \$175/person

Space is limited, so register sooner rather than later!

VOLUNTEER REQUIREMENT

The Diocese of Richmond requires all volunteers working with children to complete a background check and VIRTUS training.

VIRGINIA CATHOLIC DAY AT BUSCH GARDENS

Virginia Catholic Day
at Busch Gardens

OCTOBER 20, 2024

Register at: www.evangelizerichmond.org

Ticket Cost: \$79 / person—park admission and buffet

\$53 / person—park admission only

\$26 / person - buffet only

EMMAUS JOURNEY RETREAT

This retreat is offered for grieving parents by a team which includes grieving parents, spiritual directors, priests, deacons, and parish leaders. The Emmaus Journey Retreat offers a safe place where you can seek peace, comfort, and hope. Join us on Saturday, October 19, in a warm and loving environment with other parents who know something of your pain. There are two locations to choose from:

**Our Lady of Mount Carmel, Newport News
Church of the Epiphany, Richmond**

Register at <https://ofe.regfox.com/emmaus-journey>
Registration closes October 16, 2024 at midnight

MARRIAGE ENCOUNTER WEEKEND

Why not give yourselves a weekend away from it all. Time away from the pressures of work and everyday responsibilities. A chance to talk and listen to that special someone who loves you.

If that sounds good to you, sign up now for a

Worldwide Marriage Encounter Weekend.

For more information or to register, go to **WWME.org**, click "Apply" and search for "Virginia" or your desired location.

Feel free to contact Mark and Cathy Stangler at 703-378-4150 or mstang1987@aol.com with any questions.

Here are a few upcoming experiences:

September 27-29, 2024 - Herndon, VA

November 15-17, 2024 - Virginia Beach, VA

LOW GLUTEN HOST

If you are in need of a low-gluten host at Mass, please contact the Parish office.

SOCIETY OF ST. VINCENT DE PAUL

www.SVDP-HolySpirit.org

Direct Line: (757) 468-1533

svdp@holyspiritvb.org



Outreach Office Hours:

Monday 6:00 pm to 8:00 pm

Tuesday & Thursday: 10:00 am to 12:00 pm

FOOD PANTRY NEEDS

This week, we are most in need of:

Cans of tuna

Peanut butter

Jam/Jelly

Please place your non-perishable donations on the wire rack in front of the parish office. Thank you.

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

DEATH PENALTY

©LPI

My coworkers and I have been debating the death penalty and whether or not it should be part of our justice system. Why are so many people who claim to be pro-life believers in favor of it?

The issues of crime and punishment are never easy because so many factors influence people and how they view problems and solutions. Increased violence, loss of life, cost to taxpayers and the community at large, and the maneuverings of lawyers and courts only add fuel to the fire. When bad things happen in your neighborhood or to your home or to you, you want relief. Any normal person would feel that way. A pro-life view does not insulate anyone from the bad effects of criminal behavior. Innocent people are hurt every day and it may seem as though those who cause the pain get away with it, or get off easy.

The death penalty is not excluded by Church teaching. The state has the right to impose penalties that are commensurate with the crime as well as to defend itself from further harm (Catechism of the Catholic Church, §2266). When possible, punishment should help correct the offender, offering a chance of redemption, which is why the pope and bishops have called for an end to the death penalty. For more information, visit the Human Life and Dignity section of the USCCB's website (www.usccb.org).

LIVE THE LITURGY INSPIRATION FOR THE WEEK

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"Where can we buy enough food for them to eat?" Jesus asks Philip, testing him. And so, too, he asks us: "Where do you go when you are hungry? Afraid? Dejected? Confused?" Let us always answer: "Jesus. Jesus is where we can find what we need."

HOMEBOUND MINISTRY

If you are unable to attend Mass due to illness, call the Parish office to request communion brought you.

BORROWED PYX

Please return borrowed pyx to the Parish Office.

READINGS FOR THE WEEK

Sunday: 2 Kgs 4:42-44/Ps 145/Eph 4:1-6/Jn 6:1-15
Monday: Jer 13:1-11/Ps 32/Jn 11:19-27 or Lk 10:38-42
Tuesday: Jer 14:17-22/Ps 79/Mt 13:36-43
Wednesday: Jer 15:10, 16-21/Ps 59/Mt 13:44-46
Thursday: Jer 18:1-6/Ps 146/Mt 13:47-53
Friday: Jer 26:1-9/Ps 69/Mt 13:54-58
Saturday: Jer 26:11-16, 24/Ps 69/Mt 14:1-12
Next Sunday: Ex 16:2-4, 12-15/Ps 78/Eph 4:17, 20-24/Jn 6:24-35

GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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The world is filled with people whose basic needs aren't met, whether for clean water, nutrition, safety, education, meaningful work, stable family life, basic medical resources, religious freedom, and the right to life. So how can we possibly believe what Psalm 145 says to us this week, "**The hand of the Lord feeds us, he answers all our needs**"? Does he? What about the countless poor? Can't we identify at least a few unmet needs in our own lives right now? Is the Bible promoting wishful thinking and laziness in helping others?

No. The psalm flows from Israel's experience of God's relentless fidelity again and again—especially in the Passover from Egypt. This divine providence is recalled when Jesus feeds the needy multitudes in the Gospel of John. Passover arrives once again, and the people are hungry like the ancient Israelites on the wilderness journey. What is new is that in Jesus God not only provides for their needs, but He learns what it's like to have those human needs. He shares them too. He feeds them bread and fish; and even more, He hungers to provide them, and us, much more than just that kind of perishable food.

Our deepest need is for God. Like the multiplied bread, all earthly provisions ultimately fail, for we all finally die. Of course, our obligation to meet the needs of the poor is basic. But Christ promises to feed us with the one bread that never fails: God Himself. He is humanity's eternal food. If we eat this bread, we taste the faithfulness of God who answers all our needs, even when every earthly thing fails.

— Father John Muir

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

Trusting in the Lord, Elisha was able to feed a hundred people with just twenty barley loaves and fresh grain. Can you think of a time when you had to trust in the Lord?

SECOND READING:

Paul urges the church in Ephesus to live in unity and holiness. What are some signs that a community is holy and united?

GOSPEL:


After Jesus fed the crowds with the multiplication of loaves and fish, he withdrew to the mountain alone. When do you find the need to be alone?

CATHOLIC TRIVIA

©LPI

Question: What does the word "Messiah" mean in English?

Answer: The Anointed One.

VOCATION MINISTRY CORNER


“I IMPORE YOU TO WALK IN A MANNER WORTHY OF THE CALLING WITH WHICH YOU HAVE BEEN CALLED.”

Do these words of Christ challenge you to give your all for Him and lead the flock as a priest? Talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via email: vocations@richmonddiocese.org.

PRAY FOR OUR SEMINARIANS

Rev. Mr. Christopher Weyer, Rev. Mr. Andrew Clark, Rev. Mr. Samuel Hill, Rev. Mr. Matthew Kelly, Brennen McCoy, John Paul Shanahan, Michael Anctil, Graham Fassero, Scott Campolongo, Charlie Tamayo, Paul Flagg, William Yearout, David Hairston II, Samuel McPeak, Chad Wilson, Peter Olbrych, Maximus McHugh, Jack Domark, Carl Baumann, Jonathan Kenney, Neal McCaffrey, Minh Tran, Aventon Grimes.

LETTERS OF SUPPORT FOR SEMINARIANS

Our seminarians could use letters of encouragement and support. If you are interested lifting their spirits and encouraging them in their vocation to serve our Lord as future priests through cards or letters, drop them off in the parish office. We will gladly forward them for you.

Thank you for supporting our seminarians.

**ASSISTANCE DURING COMMUNION**

Parishioners who are unable to walk in the communion line to receive the Eucharist during weekend Masses are asked to inform an Usher **before** Mass begins each week. This will ensure that the head usher directs the Deacon and/or the Extraordinary Minister of Holy Communion (EMHC) to your seat with the Host and that you do not miss the opportunity to receive the Lord.

OFFICE RECEPTIONIST VOLUNTEER

We are looking for volunteers interested in helping the staff in the parish office. Volunteer hours are: Morning 9 am—12 pm and afternoon 12 pm—3 pm. If interested, please contact Joy Palm in the parish office at 757-468-3600 extension 116.

ADDRESS & CONTACT INFO CHANGE

If you have a change of address or contact info, please contact the parish office at (757) 468-3600 or by email at office@holyspiritvb.org so we can update our records. Thank you.

PRAYER FOR GOD TO WORK

Dear Jesus,
You and I know that what I bring to you is small pieces — small faith, small gifts, small generosity.
But I also know that you are not bound by that.
Two fish and five loaves can feed 5000, when placed in your hands.
So, I place everything I have in your hands, too.
Complete your work, Lord .
Amen.

POPE FRANCIS GENERAL PRAYER INTENTION FOR JULY**FOR THE PASTORAL CARE OF THE SICK**

We pray that the Sacrament of the Anointing of the Sick confer to those who receive it and their loved ones the power of the Lord and become ever more a visible sign of compassion and hope for all.

NATURAL FAMILY PLANNING

The birth control pill is the most common form of birth control used today, but millions of women do not like the side effects, which can be serious or even deadly. Learn a safer way to plan your family. Look into Natural Family Planning.

the contraception deception. Artificial birth control can adversely affect your health... and your relationship.



Next class series starts at 6 pm on Friday, August 23, 2024 at St. John the Apostle Church.

These classes are for engaged or married couples.

Pre-registration and purchase of course material required prior to August 19, 2024.

For general information on cycle awareness, various methods, how NFP can benefit a woman's health (teens included) or to ask questions contact Stephanie Finocchio at finoc@msn.com or Deacon Chris Finocchio at cfinocchio@sjavb.org Call 757-430-1493 or visit www.ccli.org

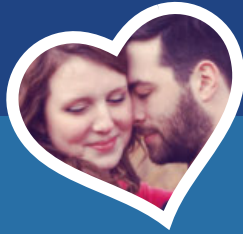
HEALING GRACE CD

Now available for purchase online on Apple iTunes Music and Amazon Music. Physical CD for \$25 each is still available at the parish office.

Finding hope through Scripture, reflections and prayer offered by Rev. Matthew Kiehl and Rev. Timothy Kuhneman. Music by Erin Laurence and Justin Kaufin.

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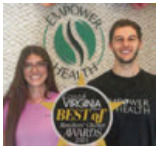
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